

December 7, 2004

Contact: Susie Beem, Arthritis Program Coordinator, 737-5946

**Walking Class for People With Arthritis Will Start Dec. 14**

South Central District Health's Arthritis Program and the First Christian Church are partnering to offer a free indoor walking class beginning Tuesday, Dec.14, at 5:15 p.m. The class will be offered on Tuesdays and Thursdays from 5:15-6:15 p.m. at the First Christian Church located at 601 Shoshone St. N. in Twin Falls. Pedometers, provided by the Utah/Idaho Arthritis Foundation, will be given to the first 50 people attending the class.

Anyone is welcome to attend this walking class, but people who have arthritis are especially encouraged to participate. Studies have shown that physical activity can help alleviate arthritis pain and walking is a wonderful exercise for people who have arthritis. A regular walking program can help a person with arthritis feel less pain, move more easily, do more activities, feel more energetic and positive, and keep muscles, bones, and joints healthy.

Volunteer Becky Jensen will lead the walking classes. Warm-up and cool down exercises will be done in addition to walking. Jensen plans to make this a fun experience by incorporating different activities and music. When the weather improves, there will be the option to walk outside. Walking provides great physical activity as well as social interaction.

For more information, call Susie Beem at South Central District Health at 734-5900, ext. 246, or Becky Jensen at 732-3374. If you have any questions about the church location or parking, you may call the First Christian Church at 733-2209.

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